



# HEALTHY EATING CHALLENGE

November 30-December 27

What is a Healthy Eating Challenge? The Healthy Eating Challenge is simply that – a challenge to pay attention to what you are eating and focus on consuming more nutritious/nutrient-dense foods. The next four weeks will break it down and focus on simple goals that are designed to help you do just that. ***Are you ready to take the challenge?***

**Step 1: Sign up on Daily Endorphin** to take part in the challenge by going to this link:

<https://www.dailyendorphin.com/de/signup/join/group/2610/c434a3>

By joining the DE challenge, you will be able to log points on a daily basis in different goal areas and by doing so, have a chance to win prizes! This is on the honor-system, so please be sure to be honest with yourselves and others.

**If you choose not to participate in the Daily Endorphin portion, but wish to receive the weekly information and/or would like to track your intake, please email me and I will be sure to include you on the weekly activities.**

**Step 2: Participate!** Each week of this 4-week challenge will have a different focus. Specifically on Daily Endorphin, it will look like this:

- Week One: Incorporating more fruits and vegetables
- Week Two: Balance calories with activity level
- Week Three: Portion control
- Week Four: 8 glasses of water a day

These will be your goals to accomplish over the course of each week. With that, you will receive tips, information and resources on how to accomplish these goals.

**Step 3: Log It!\*** During this challenge, you will be asked to log your food consumption for the period of 3 days. You bite it – you write it...in other words, every morsel (and sip) you put in your mouth, will need to be tracked. There are several methods of tracking, however for the purpose of this challenge I will suggest two online tools and will have paper copies of trackers available. *\*(This food diary will NOT be analyzed by anyone other than you. You will be the keeper of your food consumption for the purpose of learning what nutrients you are absorbing and maybe what nutrients you may need more of).*

**Step 4: Win!** By keeping track of your eating habits and participating in the weekly activities (mini-quizzes, recipe sharing, etc.) you will be eligible to win prizes.



**Questions?** Contact Wellness Coordinator, Angel Hohenstein at [ahohenstein@duluthmn.gov](mailto:ahohenstein@duluthmn.gov) or 218-730-5201